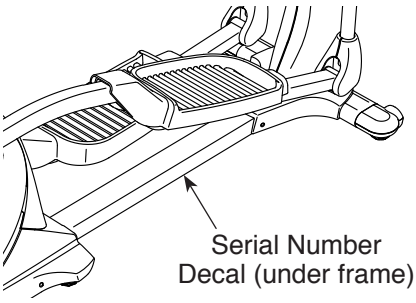
PRO-FORM®
510 EX

Model No. PFCCEL05912.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

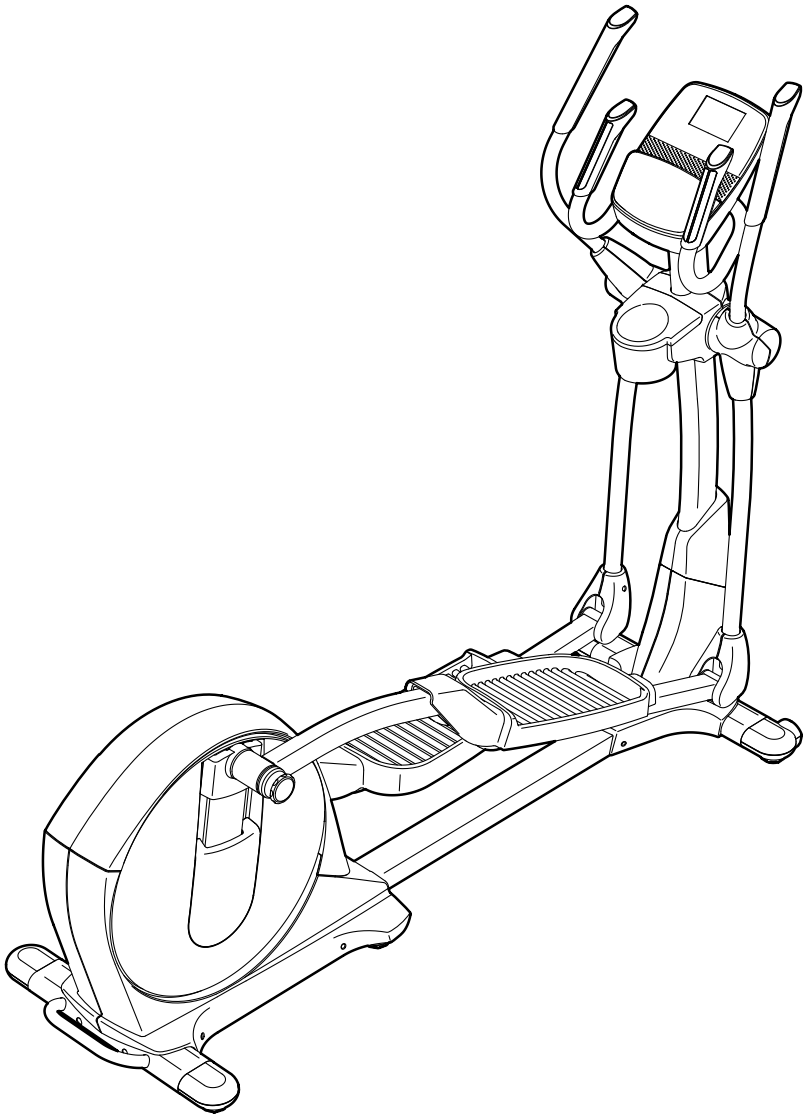
CALL TOLL-FREE:
1-888-936-4266
Mon.–Fri. 7:30 until 16:30 ET (excluding holidays)

OR E-MAIL US:
customerservice@iconcanada.ca

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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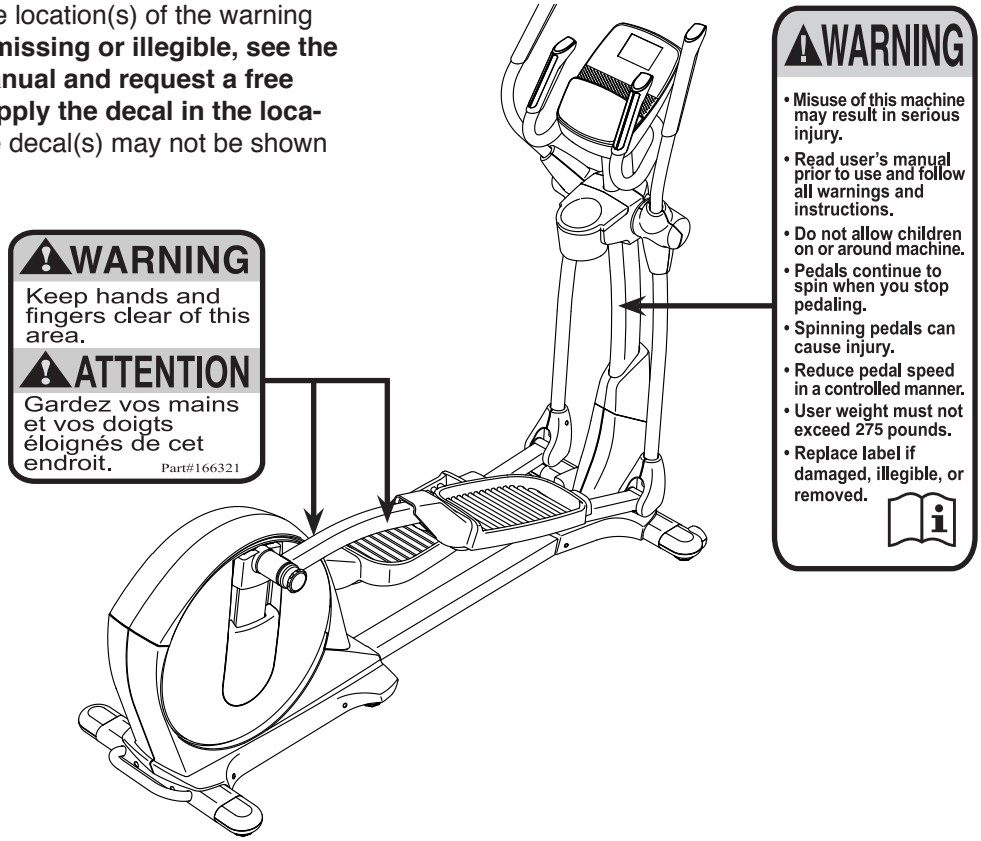
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
Keep hands and fingers clear of this area.
ATTENTION
Gardez vos mains et vos doigts éloignés de cet endroit.
Part#166321
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 275 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

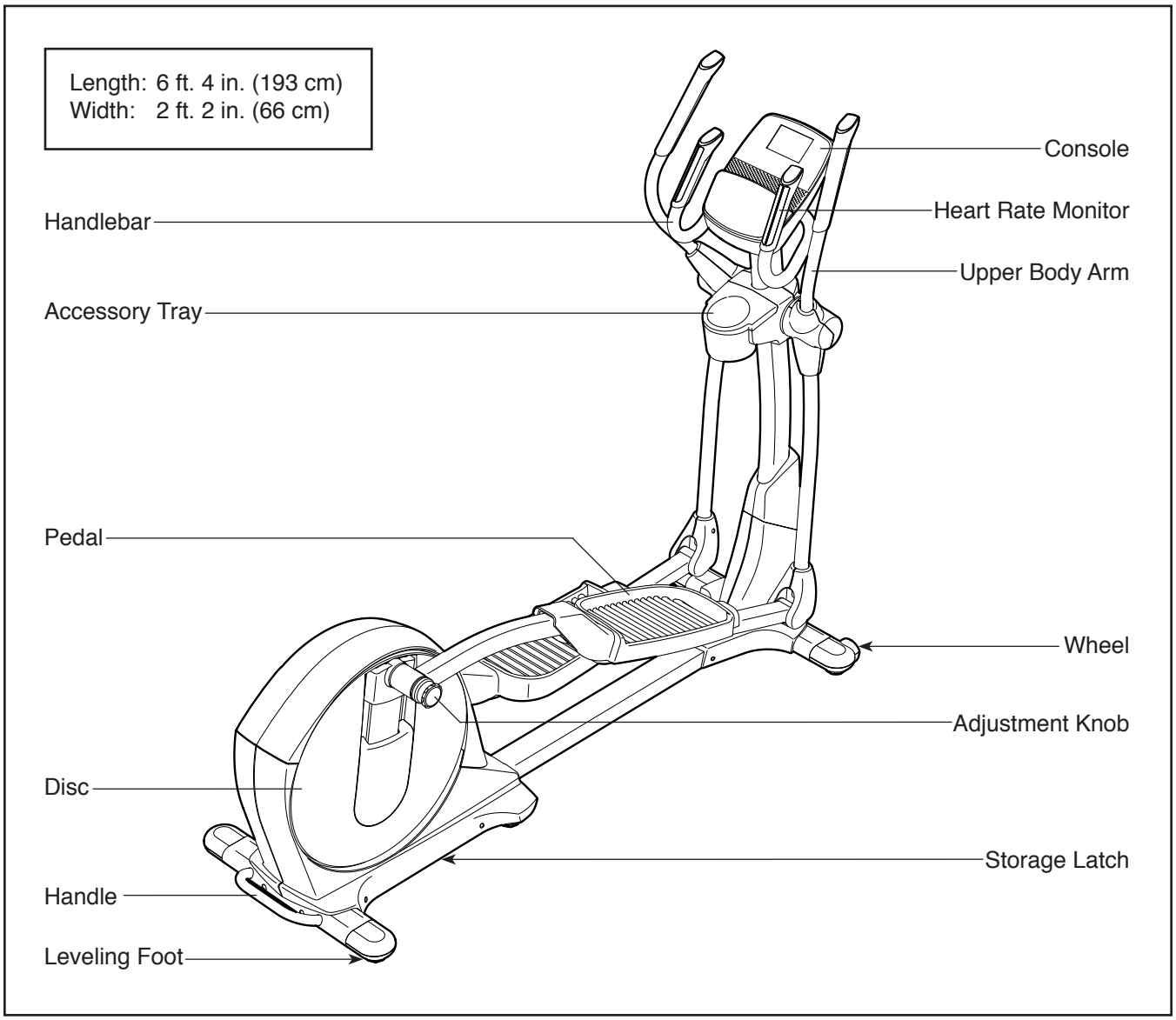
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 275 lbs. (125 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**
16. **This Class [B] digital apparatus complies with Canadian ICES-003.**
17. **Dispose of batteries in accordance with all local codes and ordinances.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 510 EX elliptical. The 510 EX elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

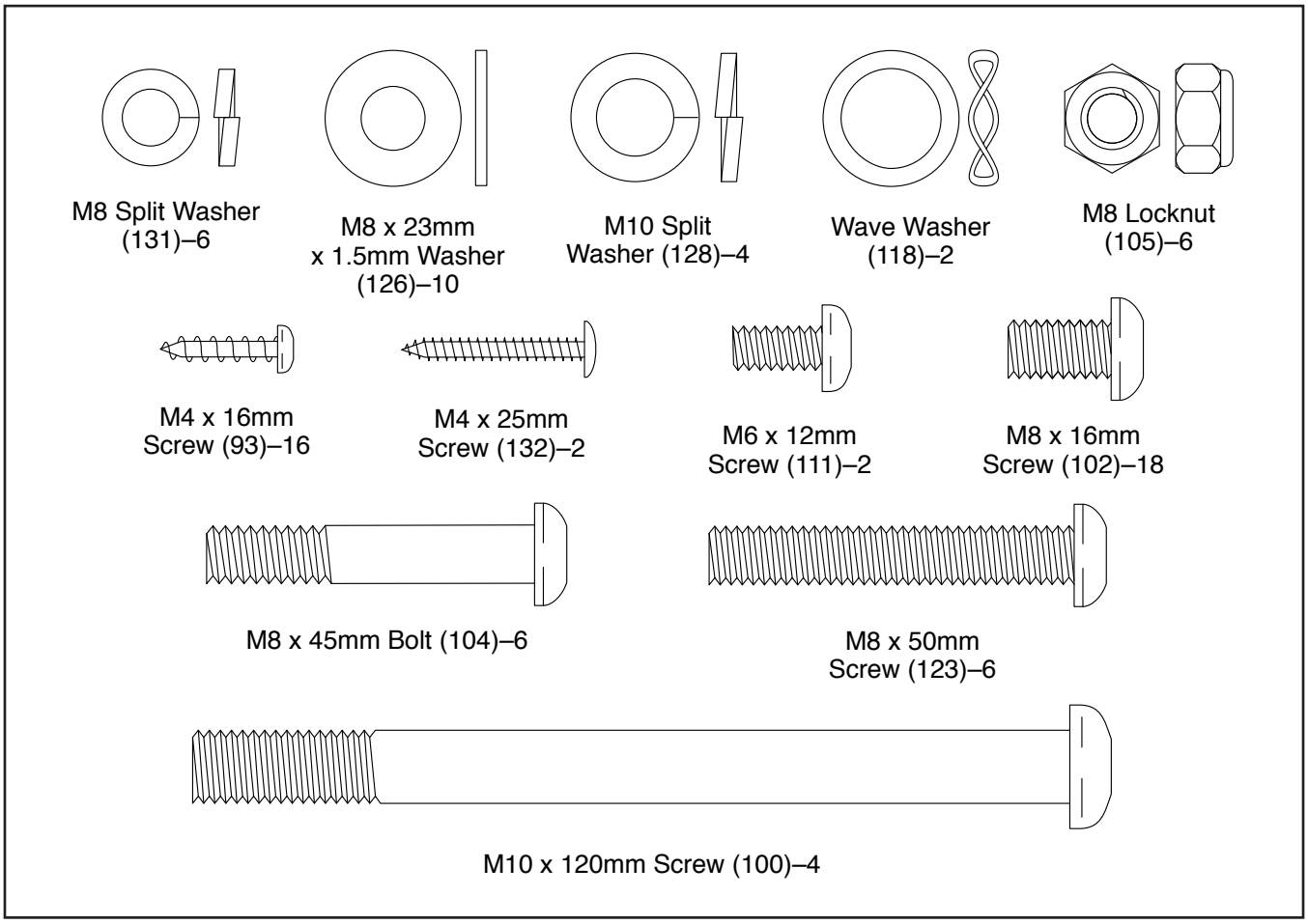
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**


M8 Split Washer (131)–6
M8 x 23mm x 1.5mm Washer (126)–10
M10 Split Washer (128)–4
Wave Washer (118)–2
M8 Locknut (105)–6
M4 x 16mm Screw (93)–16
M4 x 25mm Screw (132)–2
M6 x 12mm Screw (111)–2
M8 x 16mm Screw (102)–18
M8 x 45mm Bolt (104)–6
M8 x 50mm Screw (123)–6
M10 x 120mm Screw (100)–4

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- Left and right parts are marked “L” or “Left” and “R” or “Right.”
- To identify small parts, see page 5.

In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver

one rubber mallet

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

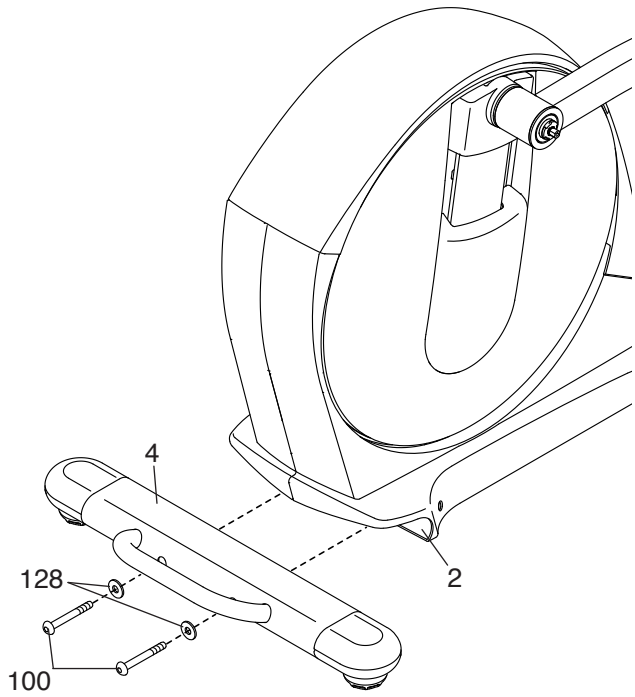
1. Pull the Folding Frame (2) back until it locks into position. Then, see HOW TO FOLD AND UNFOLD THE ELLIPTICAL on page 15 and unfold the elliptical.

   Tip: It may be easier to perform this step with the elliptical in the folded position.

   Identify and orient the Rear Stabilizer (4) as shown.

   While a second person lifts the Folding Frame (2), attach the Rear Stabilizer (4) to the Folding Frame with two M10 x 120mm Screws (100) and two M10 Split Washers (128).

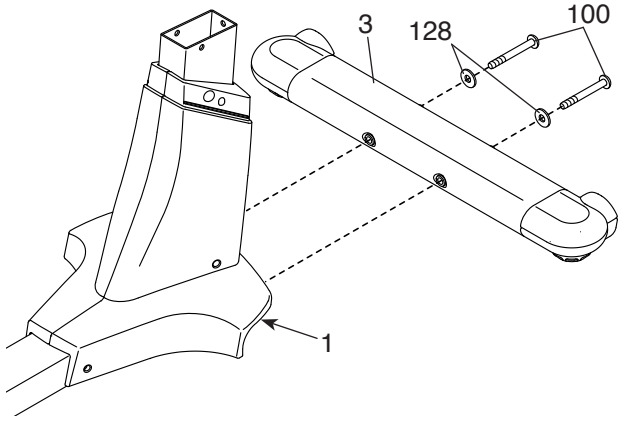
1



2. Identify and orient the Front Stabilizer (3) as shown.

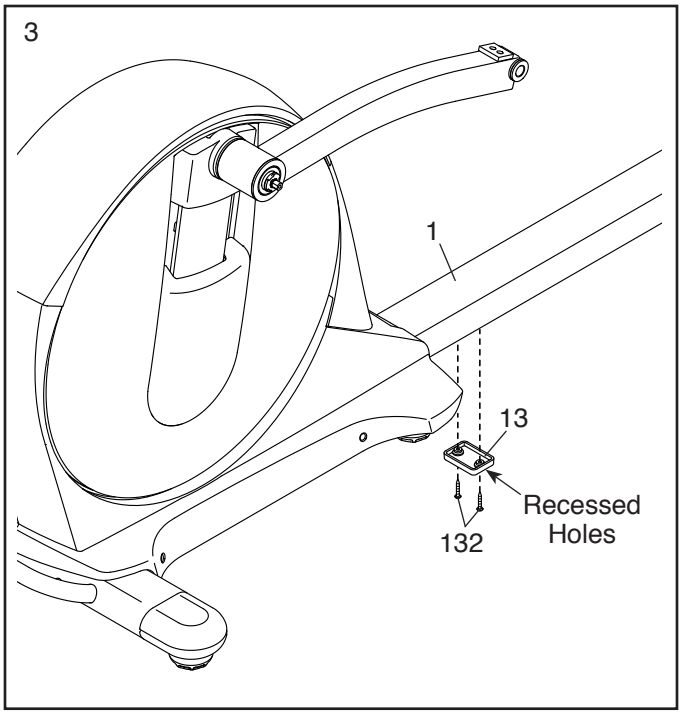
   While a second person lifts the Frame (1), attach the Front Stabilizer (3) to the Frame with two M10 x 120mm Screws (100) and two M10 Split Washers (128).

2



3. Orient the Small Bumper (13) so that the recessed holes are in the indicated location.

   While a second person lifts the Frame (1), attach the Small Bumper (13) to the underside of the Frame with two M4 x 25mm Screws (132).

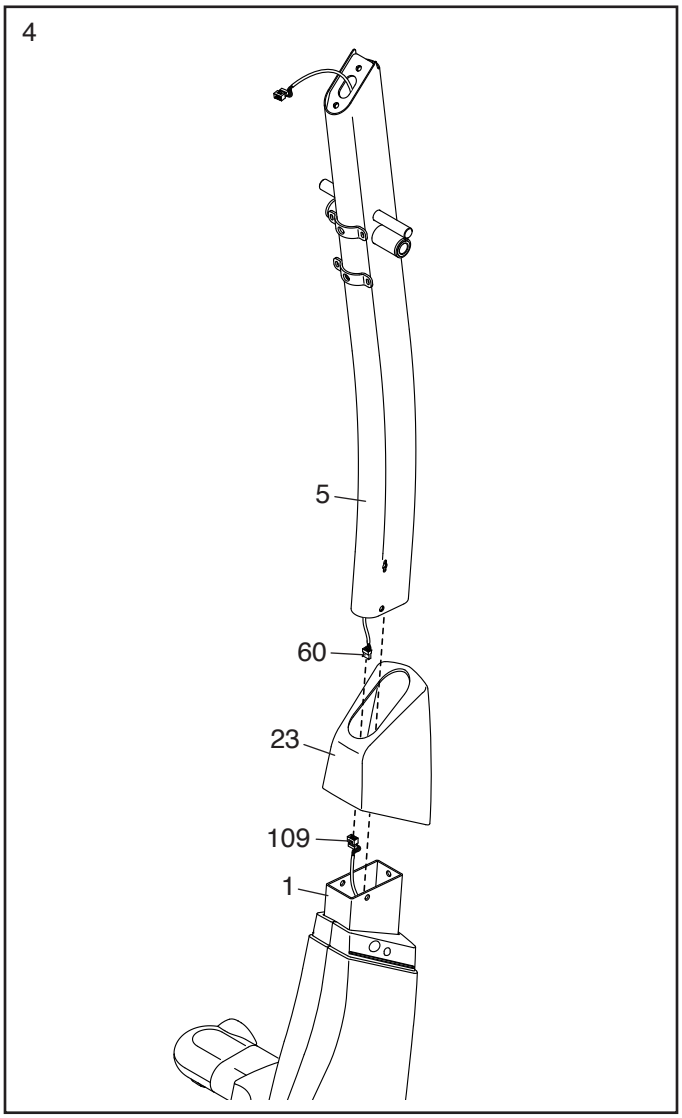


4. Identify and orient the Upright (5) and the Top Cover (23) as shown. Slide the Top Cover upward onto the Upright.

   Have a second person hold the Upright (5) and the Top Cover (23) near the Frame (1).

   Connect the Upright Wire (60) to the Frame Wire (109).

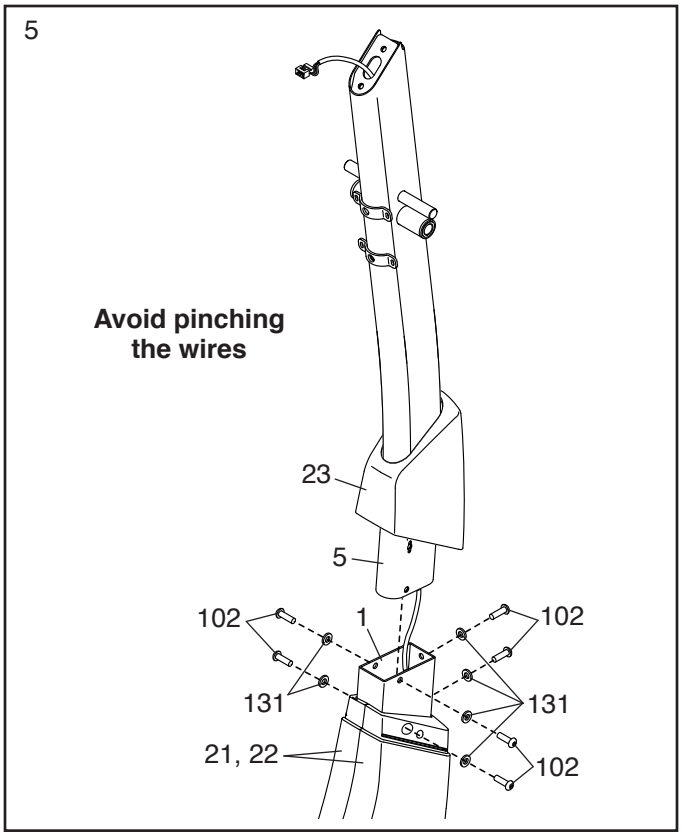
   Tip: To prevent the Upright Wire (60) from falling into the Upright (5), secure the top of the Upright Wire with a rubber band or tape.



5. **Tip: Avoid pinching the wires.** Insert the Upright (5) into the Frame (1).

   Attach the Upright (5) with six M8 x 16mm Screws (102) and six M8 Split Washers (131). **Do not tighten the Screws yet.**

   Slide the Top Cover (23) downward. **Do not press the Top Cover into the Right and Left Frame Covers (21, 22) yet**.

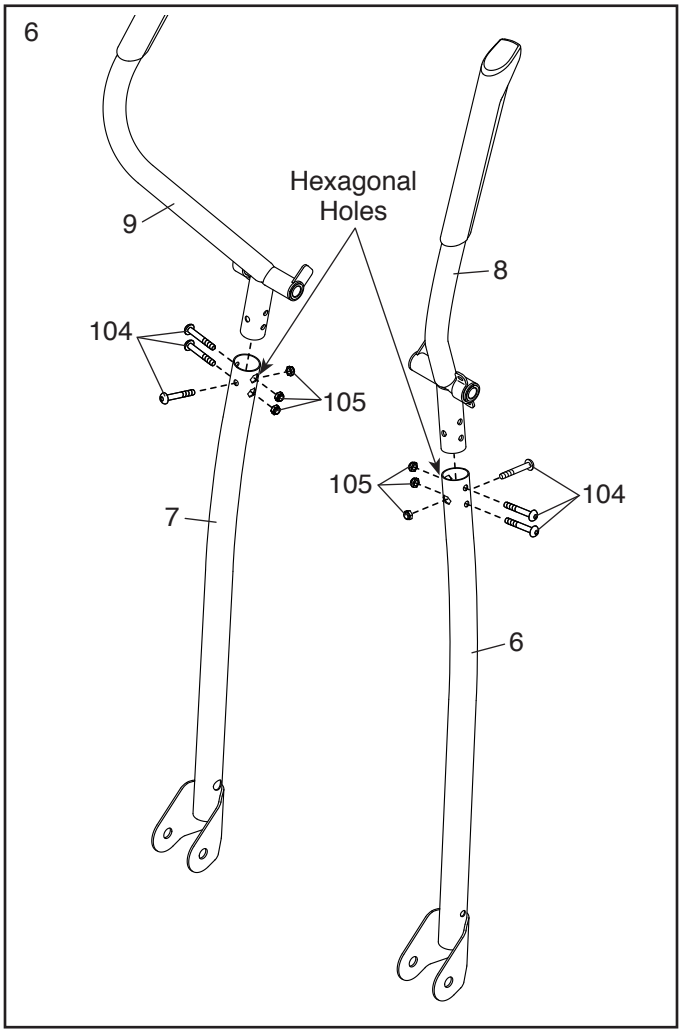


6. Identify the Right Upper Body Arm (8) and the Right Upper Body Leg (6) and orient them as shown.

   Insert the Right Upper Body Arm (8) into the Right Upper Body Leg (6).

   Attach the Right Upper Body Arm (8) with three M8 x 45mm Bolts (104) and three M8 Locknuts (105). **Make sure that the Locknuts are inside the hexagonal holes. Do not fully tighten the Bolts yet.**

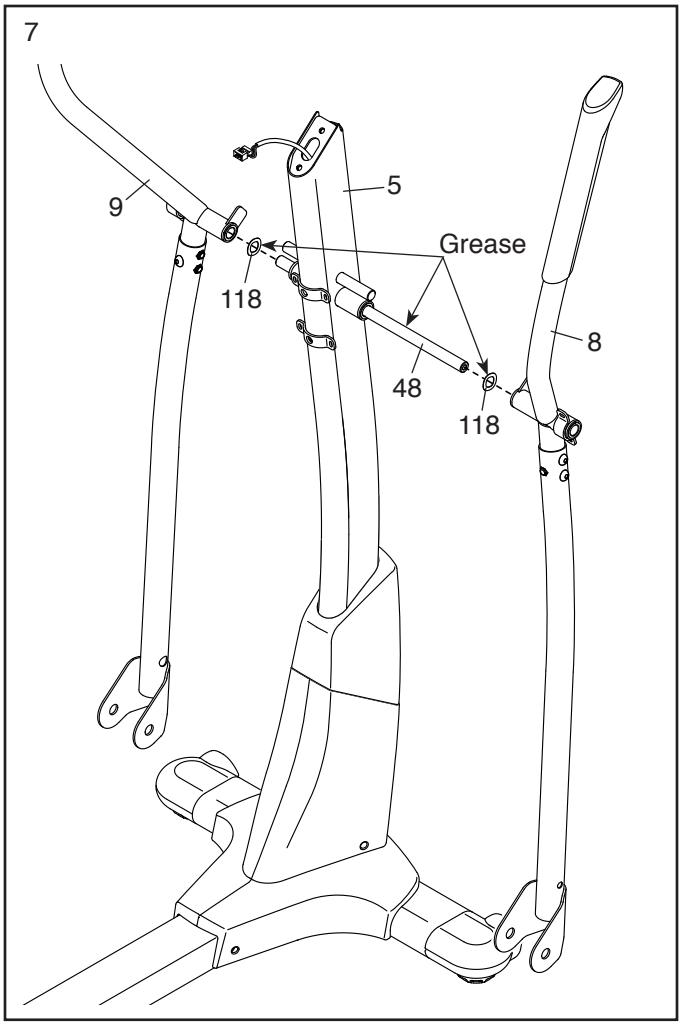
   Assemble the Left Upper Body Arm (9) and the Left Upper Body Leg (7) in the same way.



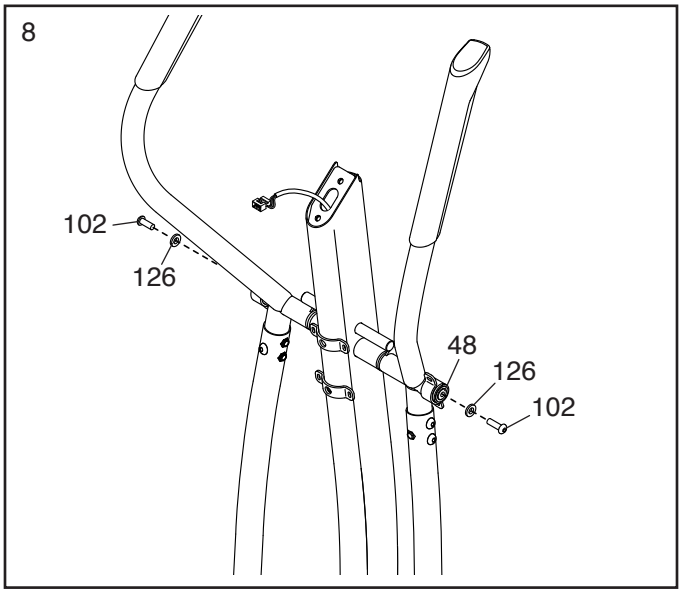
7. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Upright Axle (48) and to two Wave Washers (118).

   Insert the Upright Axle (48) into the Upright (5) and center it. Slide a Wave Washer (118) onto each end of the Upright Axle.

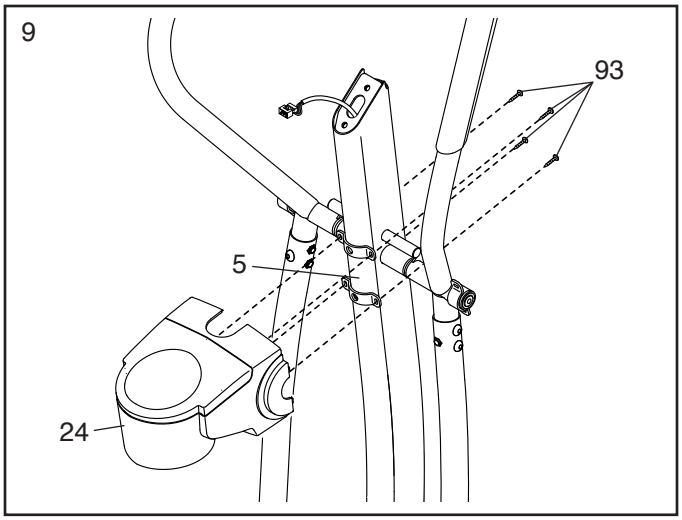
   Slide the Right and Left Upper Body Arms (8, 9) onto the Upright Axle (48).



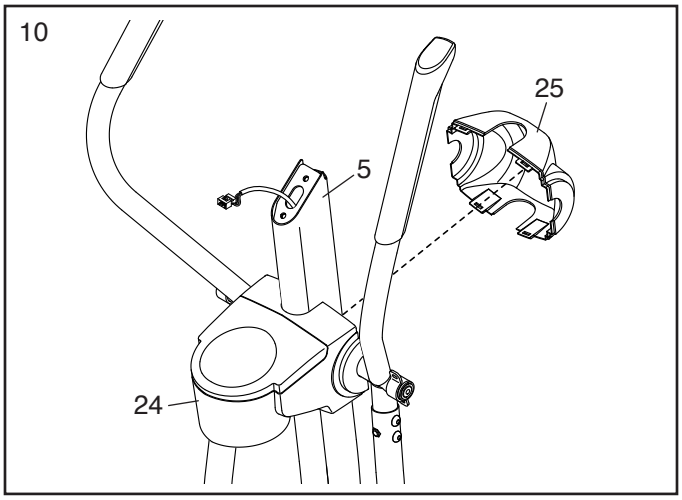
8. **At the same time,** tighten an M8 x 16mm Screw (102) and an M8 x 23mm x 1.5mm Washer (126) into each end of the Upright Axle (48). **Firmly tighten the Screws.**



9. Attach the Rear Upright Cover (24) to the Upright (5) with four M4 x 16mm Screws (93).



10. Attach the Front Upright Cover (25) around the Upright (5) by pressing the tabs on the Front Upright Cover into the Rear Upright Cover (24).



11. Identify the Short Pedal Arm Axles (115) and the Long Pedal Axles (not shown).

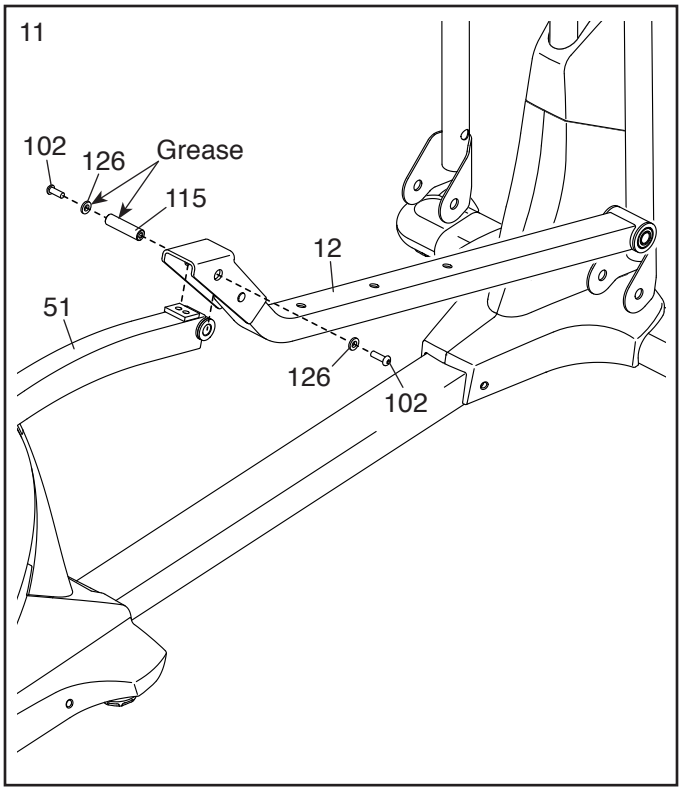
    Apply a small amount of grease to a Short Pedal Arm Axle (115) and to an M8 x 23mm x 1.5mm Washer (126).

    Next, tighten an M8 x 16mm Screw (102) and an M8 x 23mm x 1.5mm Washer (126) a few turns into one end of the Short Pedal Arm Axle (115).

    Orient a Pedal Arm (12) as shown. While a second person holds the front end of the Right Pivot Arm (51) inside the bracket on the Pedal Arm, insert the Short Pedal Arm Axle (115) through both parts.

    Tighten another M8 x 16mm Screw (102) and an M8 x 23mm x 1.5mm Washer (126) a few turns into the Short Pedal Arm Axle (115). **Then, tighten both Screws at the same time.**

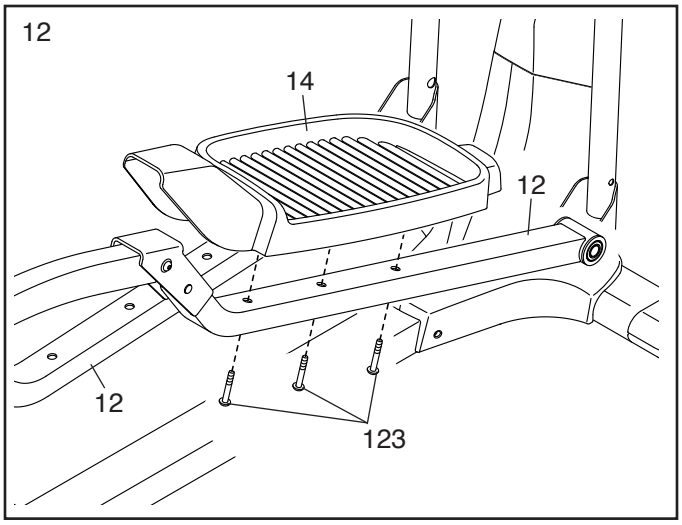
    Repeat this step on the other side of the elliptical.



12. Identify the Right Pedal (14) and orient it as shown.

    Attach the Right Pedal (14) to the right Pedal Arm (12) with three M8 x 50mm Screws (123).

    Attach the Left Pedal (not shown) to the left Pedal Arm (12) in the same way.



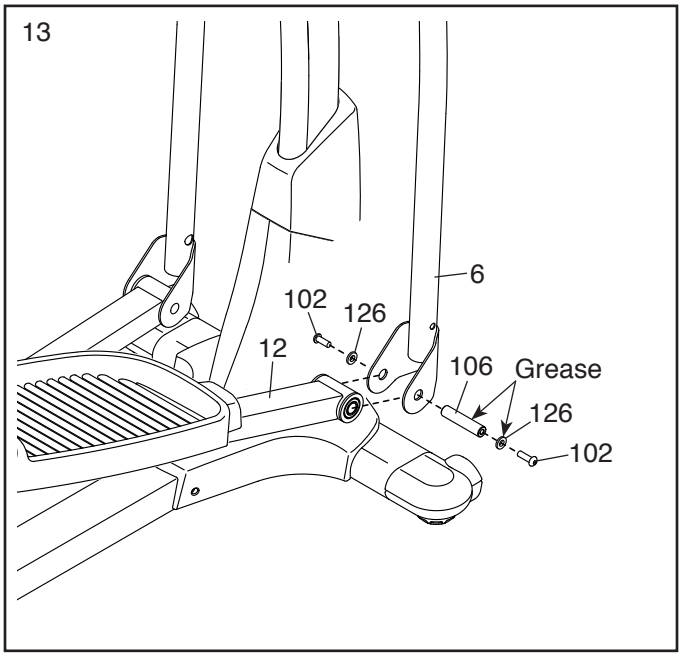
13. Apply a small amount of grease to a Long Pedal Arm Axle (106) and to an M8 x 23mm x 1.5mm Washer (126).

    Next, tighten an M8 x 16mm Screw (102) and an M8 x 23mm x 1.5mm Washer (126) a few turns into one end of the Long Pedal Arm Axle (106).

    While a second person holds the front end of the right Pedal Arm (12) inside the bracket on the Right Upper Body Leg (6), insert the Long Pedal Arm Axle (106) through both parts.

    Tighten another M8 x 16mm Screw (102) and an M8 x 23mm x 1.5mm Washer (126) a few turns into the Long Pedal Arm Axle (106). **Then, tighten both Screws at the same time.**

    Repeat this step on the other side of the elliptical.

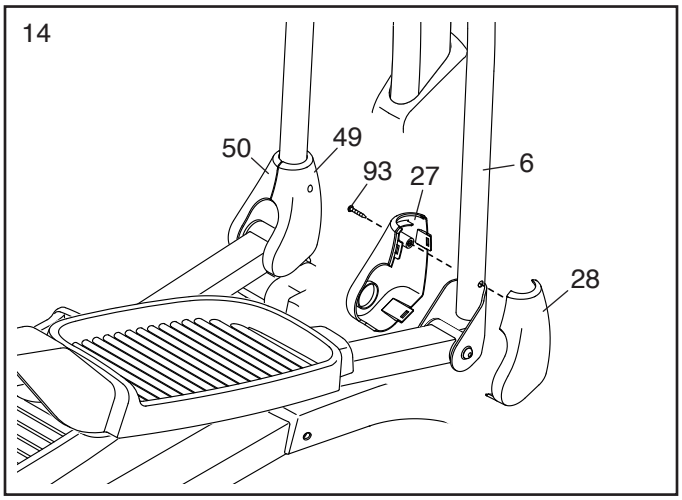


14. Identify the Right Inner and Outer Leg Covers (27, 28) and orient them as shown.

    Press the Right Inner and Outer Leg Covers (27, 28) together around the Right Upper Body Leg (6).

    Attach the Right Inner and Outer Leg Covers (27, 28) to the Right Upper Body Leg (6) with an M4 x 16mm Screw (93). **To avoid damaging the plastic, do not overtighten the Screw.**

    Attach the Left Inner and Outer Leg Covers (49, 50) in the same way.

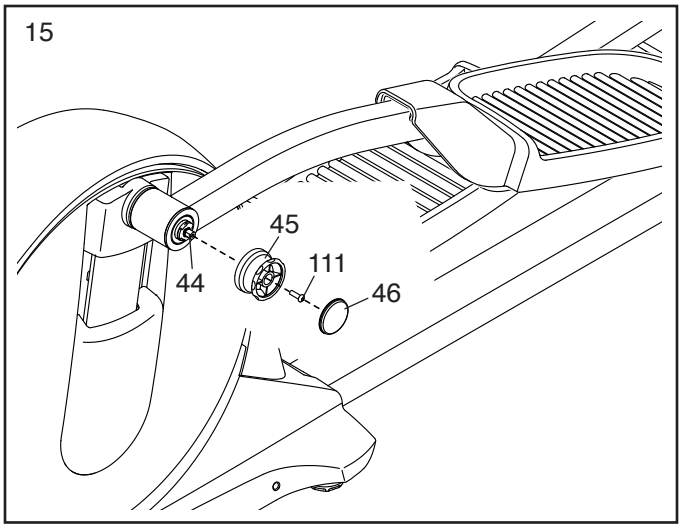


15. Remove and discard the cap (not shown) on the right Adjustment Pin (44).

Attach an Adjustment Knob (45) to the right Adjustment Pin (44) with an M6 x 12mm Screw (111).

Then, press the tabs on a Knob Cap (46) into the Adjustment Knob (45).

Repeat this step on the other side of the elliptical.



16. **See step 6.** Tighten the six M8 x 45mm Bolts (104).

See step 5. Tighten the six M8 x 16mm Screws (102). **Tip: Tighten the two Screws on the front of the elliptical before tightening the other four Screws.**

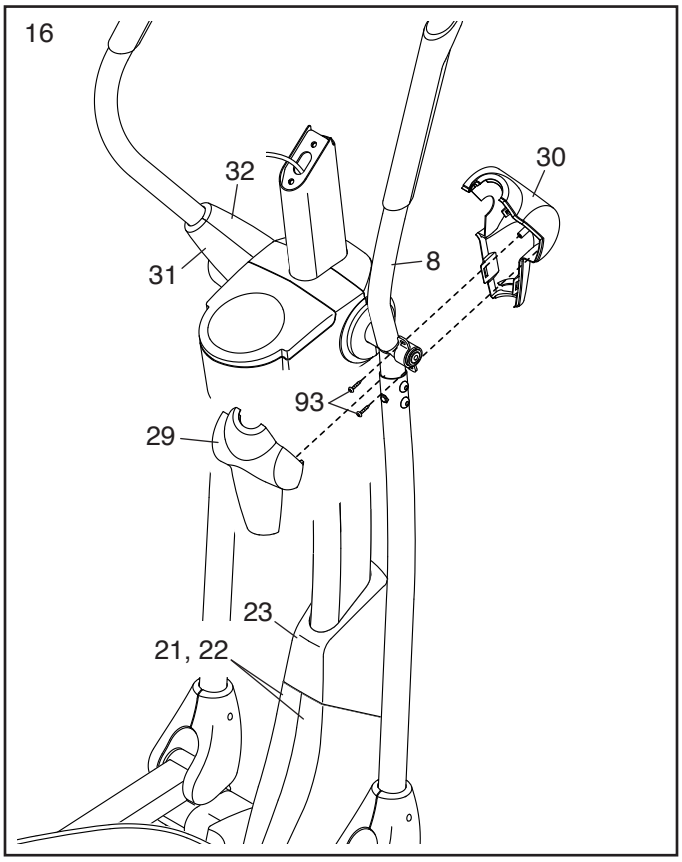
Identify the Right Rear and Front Leg Covers (29, 30).

Attach the Right Front Leg Cover (30) to the Right Upper Body Arm (8) with two M4 x 16mm Screws (93).

Attach the Right Rear Leg Cover (29) around the Right Upper Body Arm (8) by pressing the tabs on the Right Rear Leg Cover into the Right Front Leg Cover (30).

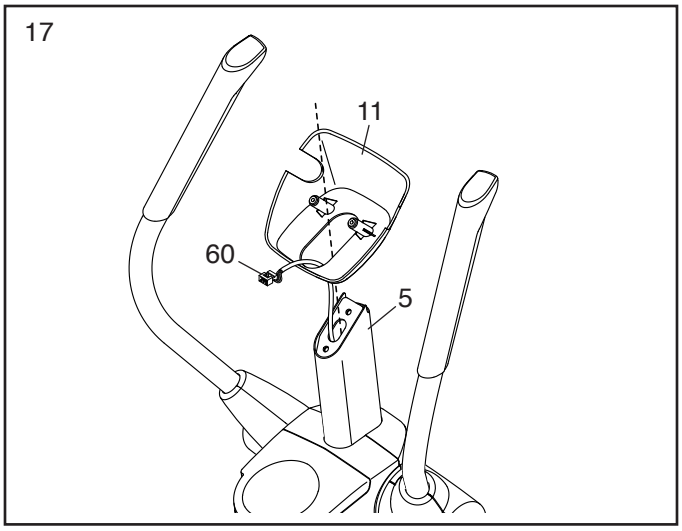
Attach the Left Rear and Front Leg Covers (31, 32) in the same way.

Then, slide the Top Cover (23) downward and press it into the Right and Left Frame Covers (21, 22).



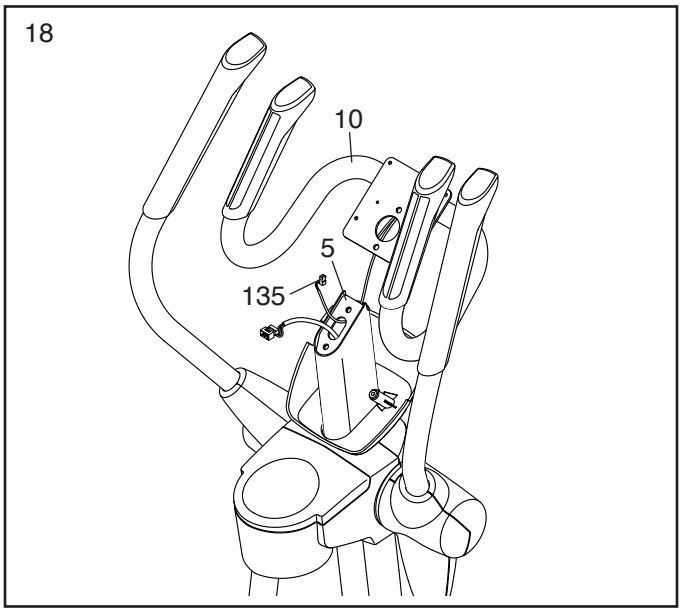
17. Orient the Console Cover (11) as shown. While a second person holds the Console Cover near the Upright (5), insert the Upright Wire (60) upward through the Console Cover.

    Then, slide the Console Cover (11) onto the Upright (5).



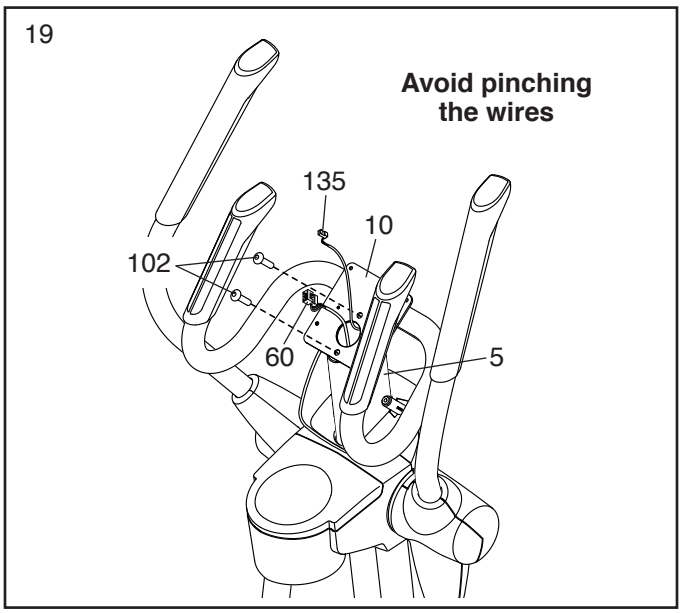
18. Orient the Handlebar (10) as shown. Have a second person hold the Handlebar near the Upright (5).

    Locate the Pulse Wires (135) in the Handlebar (10). Insert the Pulse Wires into the hole in the front of the Upright (5). Then, pull the Pulse Wires upward out of the top of the Upright.



19. Insert the Upright Wire (60) and the Pulse Wires (135) upward through the Handlebar (10).

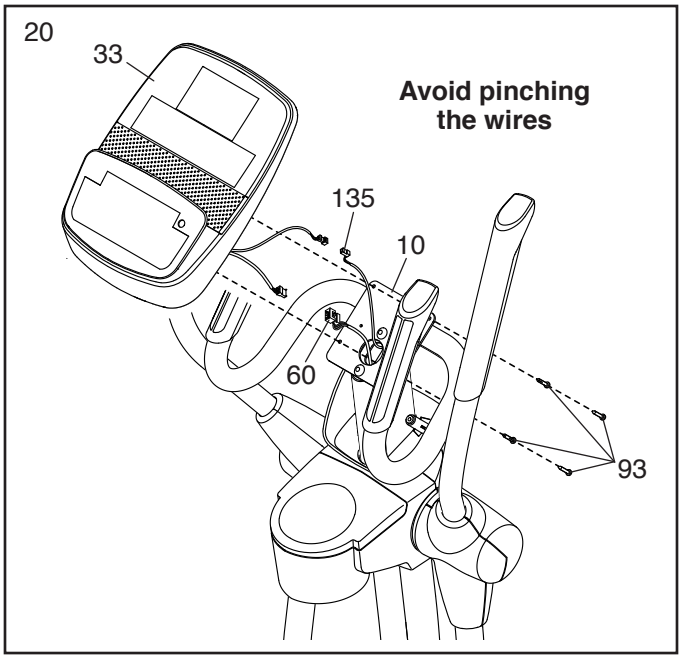
    Tip: Avoid pinching the wires. Attach the Handlebar (10) to the Upright (5) with two M8 x 16mm Screws (102).



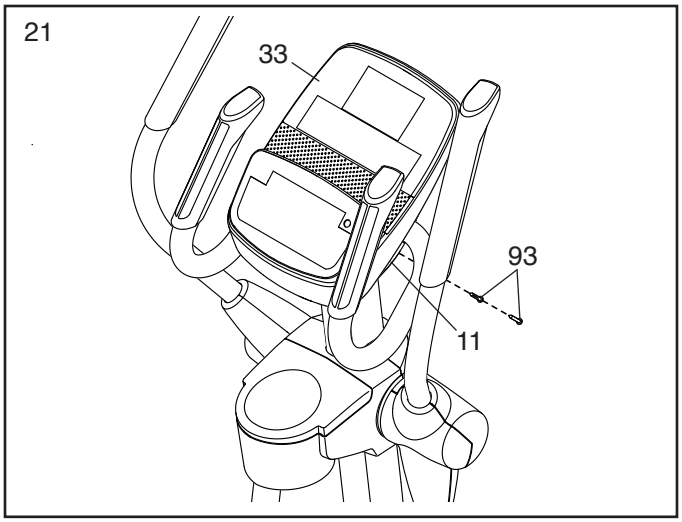
20. While a second person holds the Console (33) near the Handlebar (10), connect the console wires to the Upright Wire (60) and to the Pulse Wire (135).

    Insert the excess wire into the Console (33) or into the Handlebar (10).

    Tip: Avoid pinching the wires. Attach the Console (33) to the Handlebar (10) with four M4 x 16mm Screws (93).

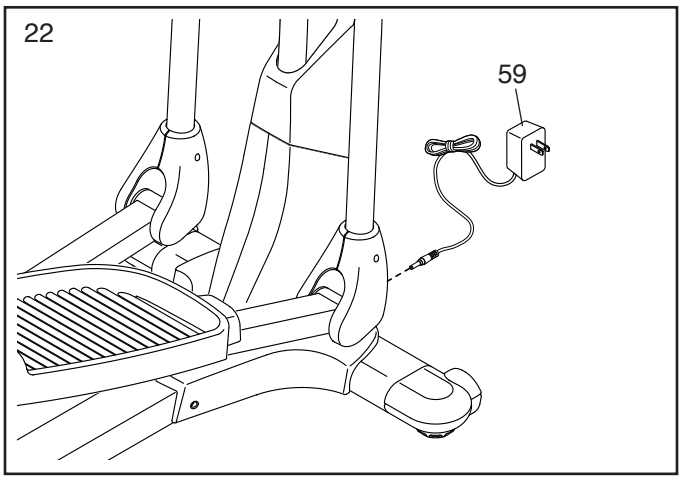


21. Attach the Console Cover (11) to the Console (33) with two M4 x 16mm Screws (93).



22. Plug the Power Adapter (59) into the receptacle on the frame of the elliptical.

    To plug the Power Adapter (59) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



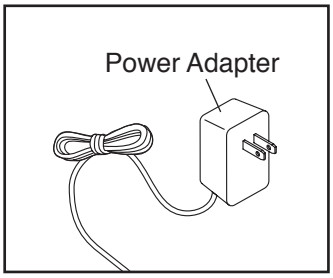
23. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

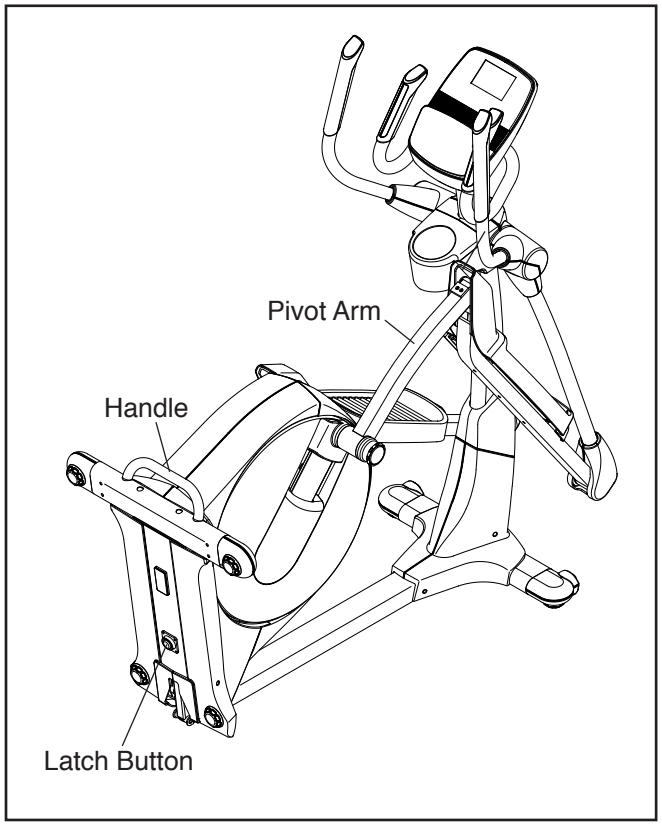
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the elliptical. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO FOLD AND UNFOLD THE ELLIPTICAL

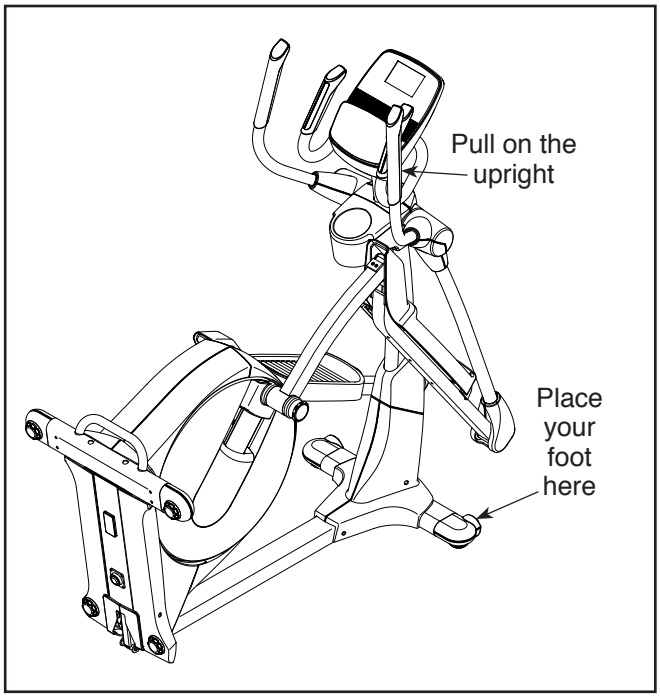
When the elliptical is not in use, the frame can be folded out of the way. Hold the handle and gently lift the frame until the pivot arms fold and the frame locks in a folded position.



To use the elliptical, first hold the handle, pull back on the frame, press the latch button, and lower the frame.

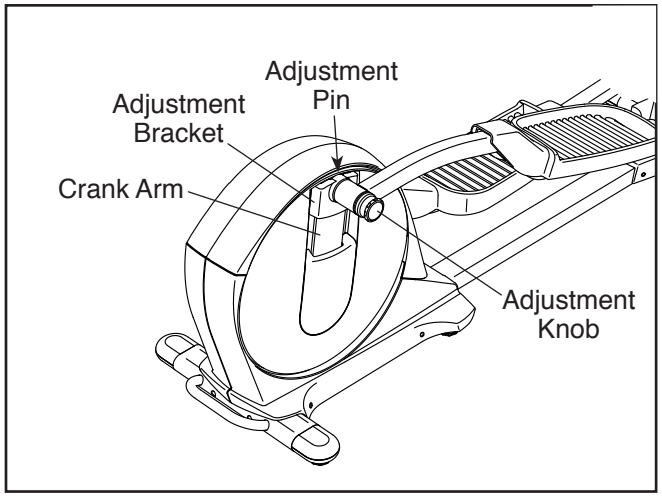
HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described at the left. Next, stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull the upright until the elliptical rolls on the wheels. With the help of a second person, carefully move the elliptical to the desired position, and then lower it to the floor.



HOW TO ADJUST THE STRIDE LENGTH

To adjust the stride length of the elliptical, first loosen an adjustment knob. Next, pull the adjustment knob outward until the adjustment bracket will move freely.



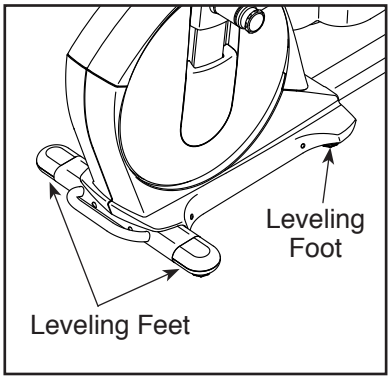
Slide the adjustment bracket upward or downward until the adjustment knob is aligned with one of the holes in the crank arm, and gently release the knob to engage the adjustment pin in the hole.

Rock the adjustment arm upward and downward slightly to make sure that the adjustment pin is engaged in one of the holes in the crank arm. Then, tighten the adjustment knob.

Adjust the stride length on the other side of the elliptical in the same way. **Make sure that both sides of the elliptical are adjusted to the same stride length.**

HOW TO LEVEL THE ELLIPTICAL

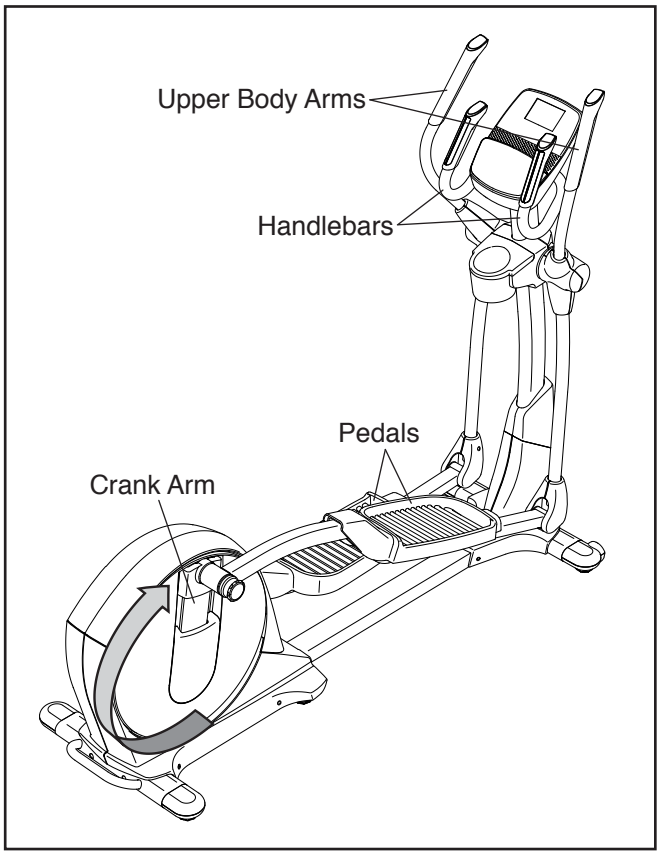
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



If the frame of the elliptical flexes during use, turn one or both of the leveling feet under the center of the frame until the flexing is eliminated.

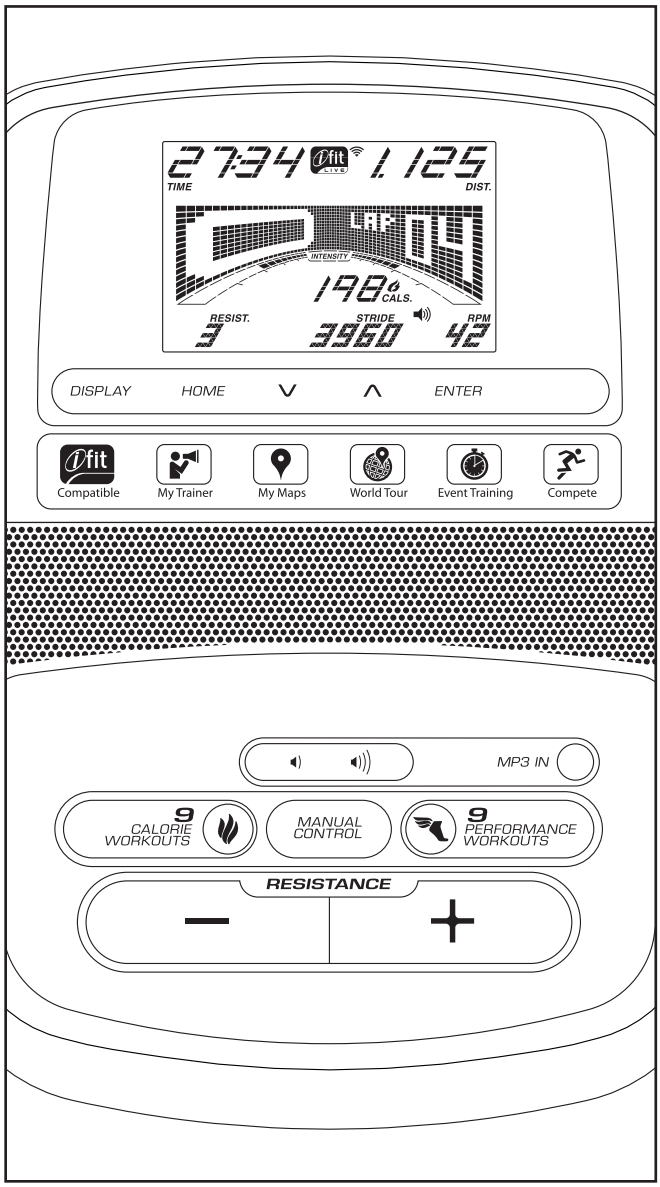
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms or the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

The console offers eighteen onboard workouts—nine calorie workouts and nine performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

The console also features an iFit Live mode that enables the console to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, race against other runners, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 18. **To use an onboard workout,** see page 20. **To use an iFit Live workout,** see page 21. **To use the sound system,** see page 22. **To change console settings,** see page 22.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

   Press the Manual Control button on the console to select the manual mode.

   If a wireless iFit Live module is not inserted into the console and connected to iFit Live, the manual mode will be selected automatically.

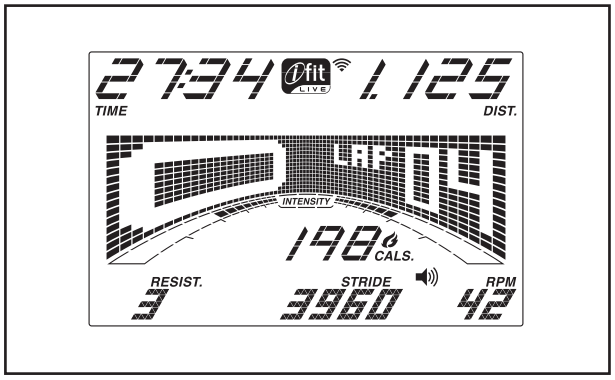
3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 5 on page 19).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When an onboard workout is selected, this display mode will show the time remaining in the workout.

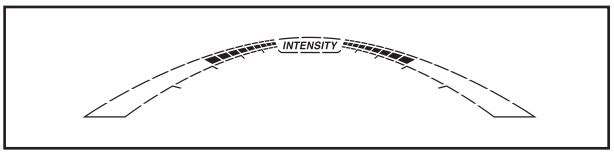
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

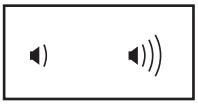


Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 22 to set the default menu). If necessary, press the Home button again.

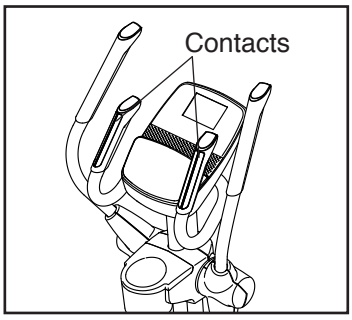
When a wireless iFit Live module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the Volume increase and decrease buttons.



5. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart symbol in the calorie display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select an onboard workout.**

   To select an onboard workout, press the 9 Calorie Workouts button or the 9 Performance Workouts button repeatedly until the desired workout appears in the display.

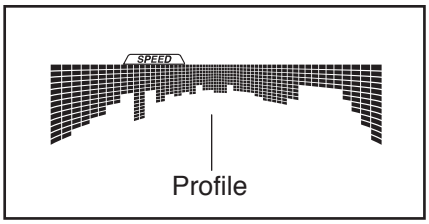
   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The maximum resistance level and the maximum speed for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

   During the workout, the profile on the speed tab will show your progress.



   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

   IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 18.

5. **Measure your heart rate if desired.**

   See step 5 on page 19.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 19.

HOW TO USE AN IFIT LIVE WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Insert the iFit Live module into the console.**

   To use an iFit Live workout, insert the iFit Live module into the console. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.** You must have an iFit Live module to use an iFit Live workout.

   Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit Live module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

3. **Select a user.**

   If more than one user is registered, you can switch users in the iFit Live main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit Live workout.**

   To select an iFit Live workout, press one of the iFit Live buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the iFit Live button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. **For more information on the iFit Live workouts, please see www.iFit.com.**

   When you select an iFit Live workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

5. **Start the workout.**

   See step 3 on page 20.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 22).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 18.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 19.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 19.

For more information on the iFit Live mode, go to www.iFit.com.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit Live module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the Volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit Live module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit Live module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the elliptical has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the elliptical.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

5. **Determine if an iFit Live module is connected to the console.**

   If an iFit Live module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode menu or the iFit Live menu as the default menu.

8 **Check the status of the iFit Live module if desired.**

   Press the decrease button to view the iFit Live status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit Live module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit Live workouts and firmware downloads.

10. **Exit the information mode.**

    Press the Display button to exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

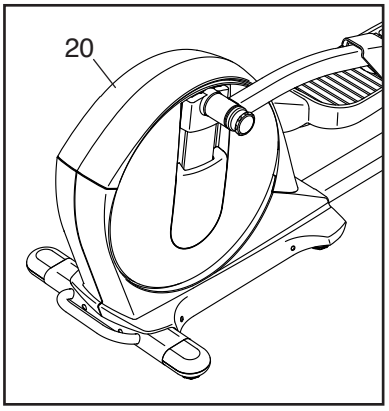
CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 19.

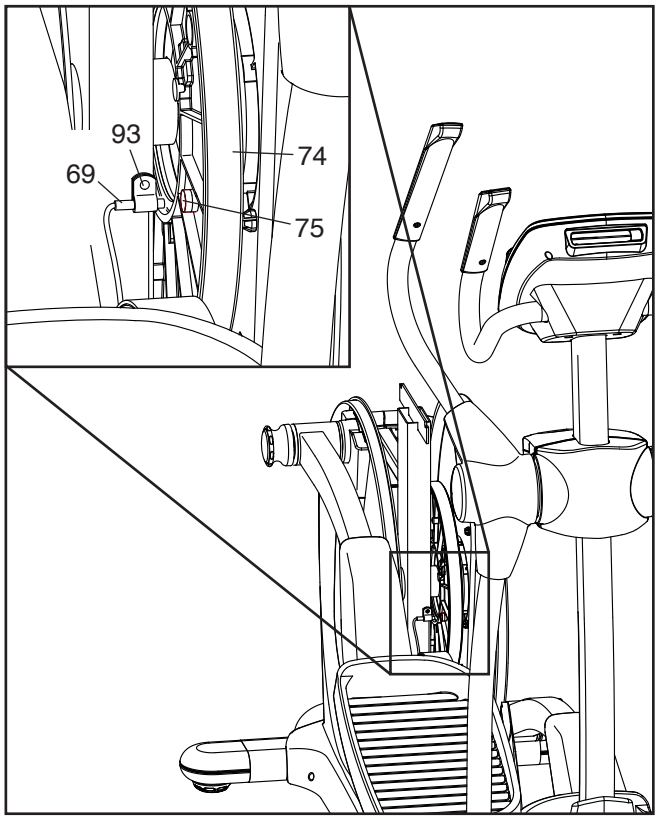
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must first remove the Top Shield (20). Using a flat screwdriver, release the tabs on the front and rear of the Top Shield and then remove the Top Shield.



Next, locate the Reed Switch (69). Loosen, but do not remove, the M4 x 16mm Screw (93).



Next, rotate the Large Pulley (74) until a Magnet (75) is aligned with the Reed Switch (69). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (93).

Rotate the Large Pulley (74) for a moment. Repeat these actions until the console displays correct feedback.

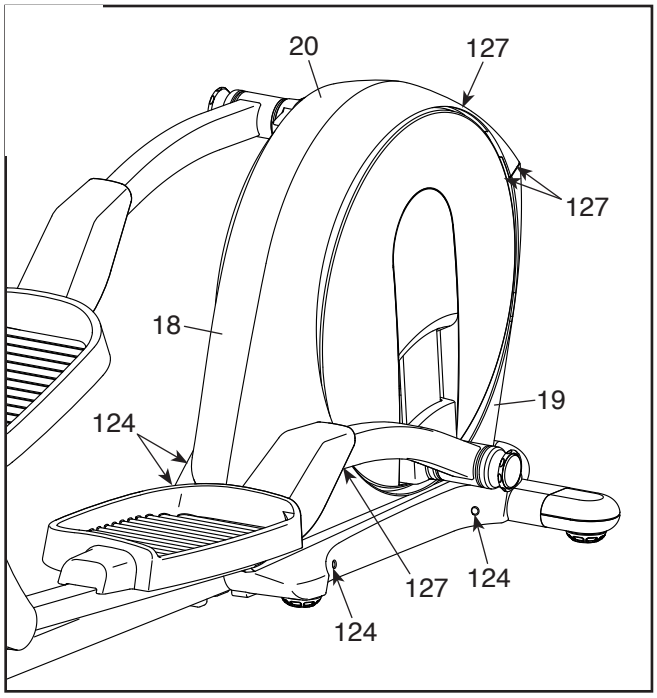
When the reed switch is correctly adjusted, reattach the top shield.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

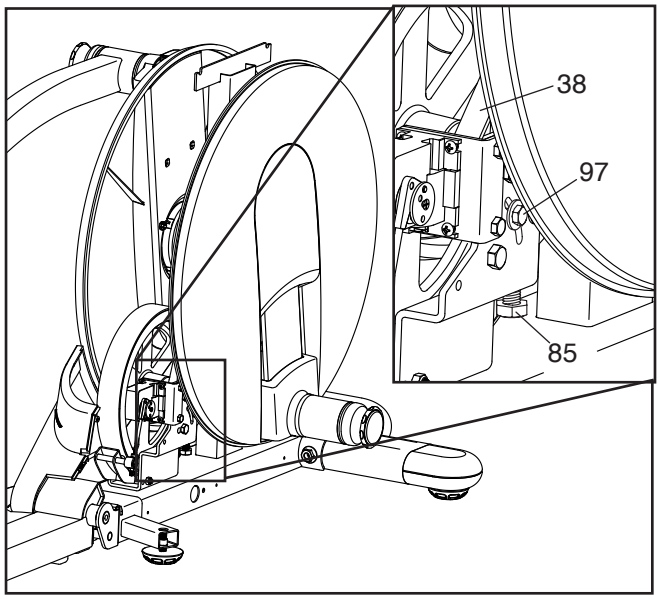
To adjust the drive belt, you must remove the top shield and the left shield (see the instructions below).

Using a flat screwdriver, release the tabs on the front and rear of the Top Shield (20), and then remove the Top Shield.



Next, remove the M4 x 16mm Round Head Screws (127) and the M4 x 42mm Screws (124) from the Right and Left Shields (18, 19). **Make sure to note which size of Screw you remove from each hole.** Then, gently remove the Left Shield.

Loosen the Pivot Screw (97). Then, tighten the Belt Adjustment Screw (85) until the Drive Belt (38) is tight.



When the Drive Belt (38) is tight, tighten the Pivot Screw (97).

Then, reattach the left shield and the top shield.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

Model No. PFCCEL05912.1 R0512A

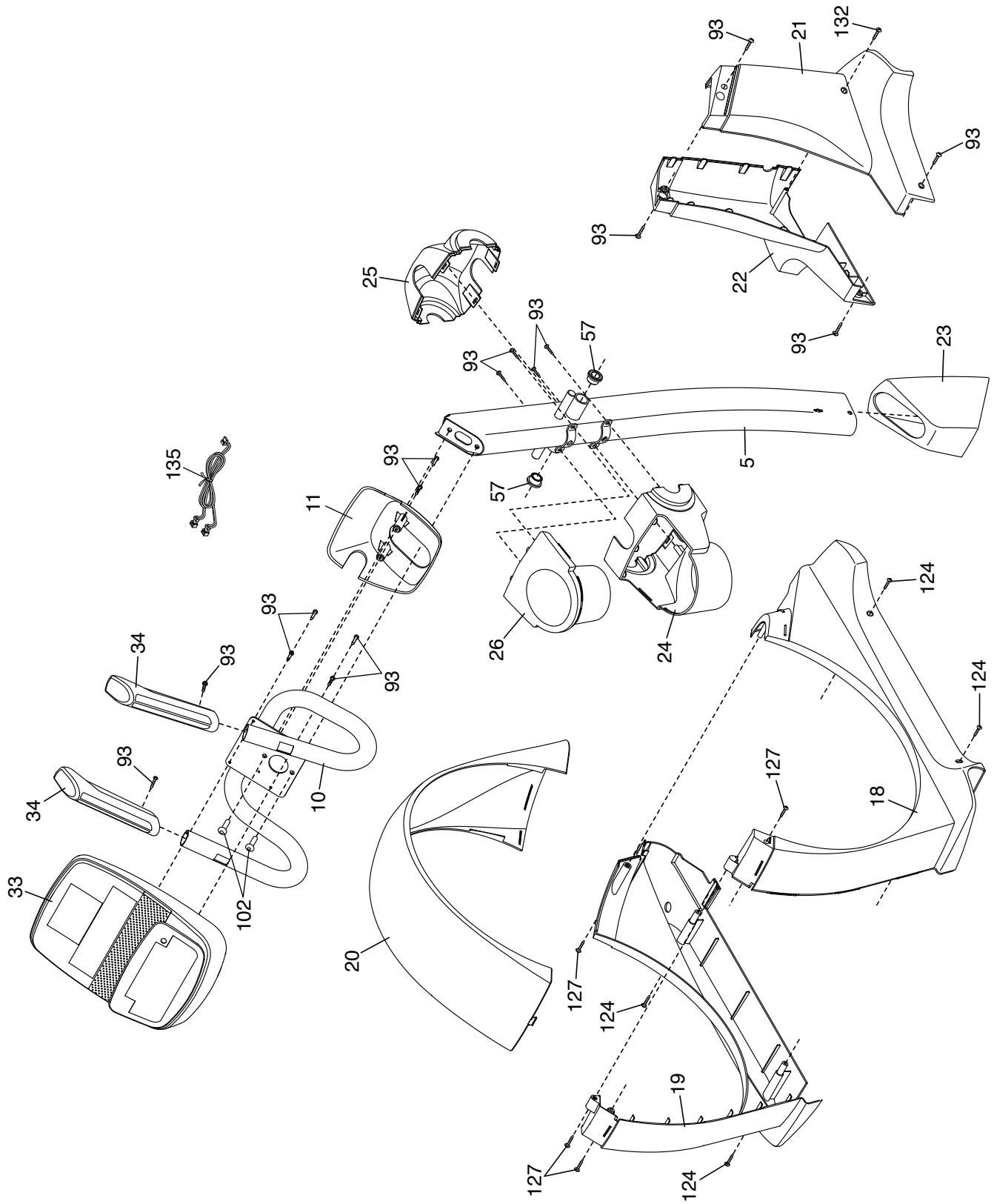
Key No.	Qty.	Description
1	1	Frame
2	1	Folding Frame
3	1	Front Stabilizer
4	1	Rear Stabilizer
5	1	Upright
6	1	Right Upper Body Leg
7	1	Left Upper Body Leg
8	1	Right Upper Body Arm
9	1	Left Upper Body Arm
10	1	Handlebar
11	1	Console Cover
12	2	Pedal Arm
13	1	Small Bumper
14	1	Right Pedal
15	1	Left Pedal
16	2	Disc
17	2	Disc Cover
18	1	Right Shield
19	1	Left Shield
20	1	Top Shield
21	1	Right Frame Cover
22	1	Left Frame Cover
23	1	Top Cover
24	1	Rear Upright Cover
25	1	Front Upright Cover
26	1	Accessory Tray
27	1	Right Inner Leg Cover
28	1	Right Outer Leg Cover
29	1	Right Rear Leg Cover
30	1	Right Front Leg Cover
31	1	Left Rear Leg Cover
32	1	Left Front Leg Cover
33	1	Console
34	2	Pulse Sensor
35	2	Handgrip
36	2	Wheel
37	2	Rear Stabilizer Upper Cover
38	1	Drive Belt
39	2	Crank Arm
40	8	M8 Shoulder Screw
41	4	Leveling Foot
42	1	Latch Bracket
43	2	Adjustment Bracket
44	2	Adjustment Pin
45	2	Adjustment Knob
46	2	Knob Cap
47	4	Pivot Arm Bushing
48	1	Upright Axle
49	1	Left Inner Leg Cover
50	1	Left Outer Leg Cover
51	1	Right Pivot Arm
52	1	Left Pivot Arm
53	2	Adjustment Arm Spring
54	2	Rear Stabilizer Lower Cover
55	1	Right Wheel Top Cover
56	1	Left Wheel Top Cover
57	6	Upright Bushing
58	1	Right Wheel Lower Cover
59	1	Power Adapter
60	1	Upright Wire
61	1	Flywheel
62	4	M4 x 16mm Flat Head Screw
63	1	Frame Axle
64	2	Frame Bushing
65	1	Latch Bracket Axle
66	1	Latch Bracket Spring
67	1	Latch Button
68	1	Button Housing
69	1	Reed Switch/Wire
70	1	Clamp
71	1	Crank Hub
72	1	Crank
73	1	Crank Spacer
74	1	Large Pulley
75	2	Magnet
76	2	Folding Frame Bearing
77	1	Idler
78	1	Resistance Motor
79	1	Resistance Arm
80	1	Resistance Wheel
81	1	Resistance Bracket
82	1	Motor Bracket
83	1	C-magnet Bracket
84	1	Flywheel Axle
85	1	Belt Adjustment Screw
86	4	M8 x 28mm Screw
87	2	Medium Snap Ring
88	1	C-magnet Bracket Bolt
89	4	Resistance Motor Screw
90	1	M5 x 7mm Screw
91	1	M3.5 x 12mm Screw
92	1	M6 Locknut
93	40	M4 x 16mm Screw
94	2	M8 Jam Nut
95	1	Ground Screw
96	1	M6 Washer
97	1	Pivot Screw
98	2	Motor Bracket Screw
99	1	Idler Bolt
100	4	M10 x 120mm Screw

Key No.	Qty.	Description
101	1	Anchored Zip Tie
102	20	M8 x 16mm Screw
103	1	Left Wheel Lower Cover
104	8	M8 x 45mm Bolt
105	8	M8 Locknut
106	2	Long Pedal Arm Axle
107	2	M10 x 25mm Screw
108	2	M10 x 32mm Washer
109	1	Frame Wire
110	2	M8 x 23.5mm x 1mm Washer
111	10	M6 x 12mm Screw
112	1	M5 Washer
113	2	Adjustment Bracket Cover
114	2	Pedal Plate
115	2	Short Pedal Arm Axle
116	2	Large Bumper
117	4	Pivot Arm Bushing
118	2	Wave Washer
119	4	Pedal Arm Bushing
120	8	Mushroom Fastener/Screw
121	4	Adjustment Pad
122	1	3/8" x 1/2" Flange Screw
123	6	M8 x 50mm Screw
124	4	M4 x 42mm Screw
125	1	Receptacle/Wire
126	10	M8 x 23mm x 1.5mm Washer
127	12	M4 x 16mm Round Head Screw
128	4	M10 Split Washer
129	2	Adjustment Nut
130	1	Small Snap Ring
131	6	M8 Split Washer
132	3	M4 x 25mm Screw
133	1	Frame Cap
134	2	Large Snap Ring
135	1	Pulse Wire
*	–	User's Manual
*	–	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

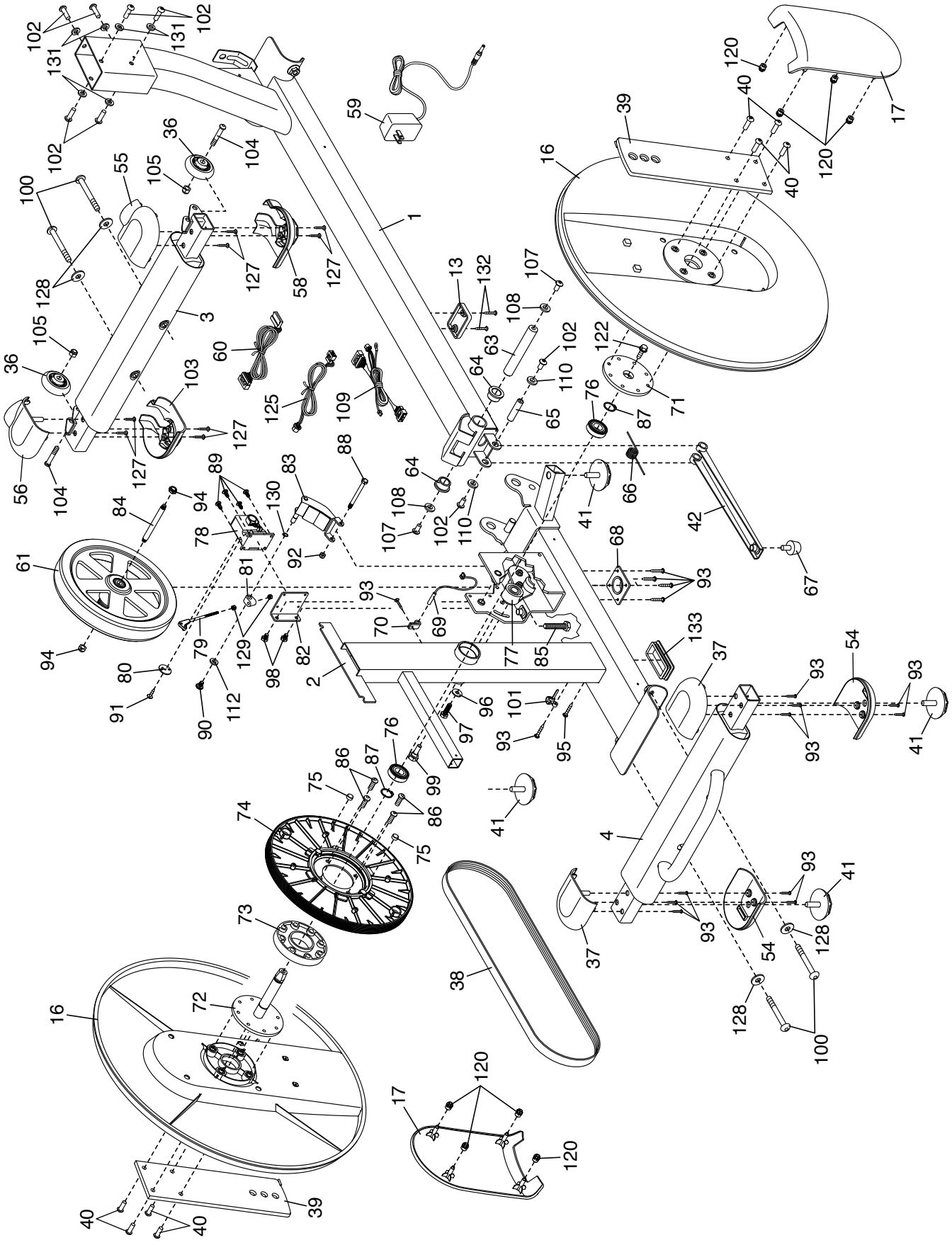
EXPLODED DRAWING A

Model No. PFCCEL05912.1 R0512A



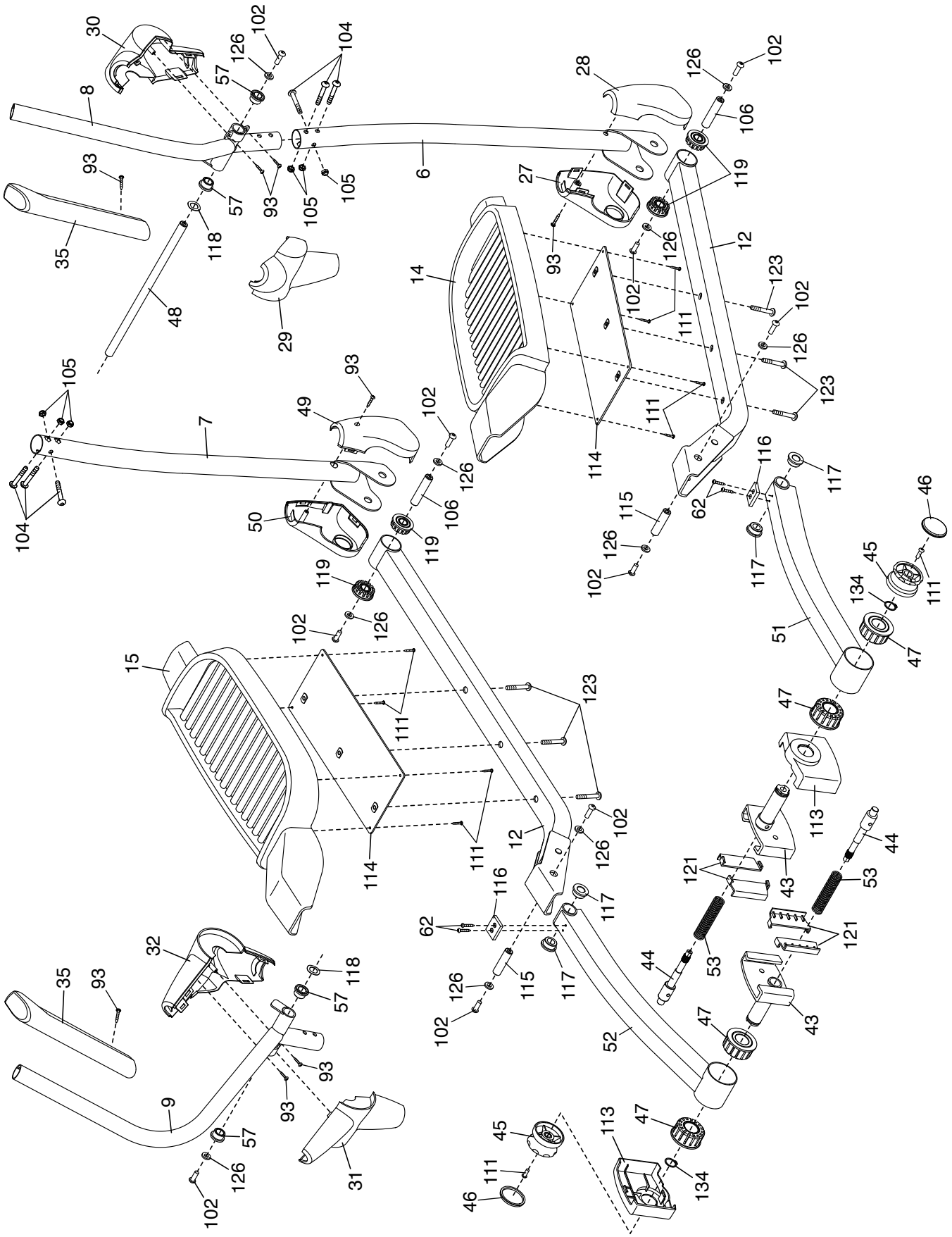
EXPLODED DRAWING B

Model No. PFCCEL05912.1 R0512A



EXPLODED DRAWING C

Model No. PFCCEL05912.1 R0512A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from province to province.

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8

Part No. 332721 R0512A

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